

List of Club Activities by registered groups at our Center 2024

No.	Name of Circle	room	frequency of sessions / dates of the sessions	time
1	Stay Fit Exercise Class	601 /602	Twice a month: 1st Saturday / 3rd Thursday	14:00~16:00
2	Sparrow Club	704	Twice a month: 2nd and 4th Wednesday	9:30~14:30
3	Sports Wellness Blowgun Enthusiast Club - Aki Tsubaki Branch	702	Twice a month: 2nd and 4th Saturday	13:30~15:30
4	Rattan Craft	605	Twice a month: 2nd and 4th Thursday	13:00~15:00
5	Ball Exercise Class	602	Twice a month: 1st and 3rd Tuesday	14:00~16:00
6	Kickboxercise	701	Four times a month: Thursday	19:00~20:00
7	Saga Goryu Ikebana Dawn Club	504	Once a month: 2nd Tuesday	9:00~12:00
8	Sewing Club	503	Twice a month: 1st and 3rd Wednesday	13:00~16:00
9	English Conversation	605	Twice a month: 2nd and 4th Thursday	9:00~12:00
10	Gentle Patchwork	605	Twice a month: 1st and 3rd Saturday	9:00~12:00
11	Picture Letter Circle - Hiro	504	Twice a month: 1st and 3rd Saturday	9:30~12:30
12	Sunflower Club	703	Four times a month: Wednesday	10:00~12:00
13	Patchwork Enthusiasts Club	503	Twice a month: Thursday	9:30~11:30
14	Hiro Dance Sports Club	702	Four times a month: Tuesday	9:00~12:00
15	Learning Ballet	702	Four times a month: Saturday	17:30~20:30
16	Tits (Tits)	602	Twice a month: 1st and 3rd Sunday	10:00~16:00
17	Folk Dance Tsubaki Club	702	Twice a month: Tuesday	9:00~12:00
18	Muscle Strength Up Group	602	Twice a month: 1st and 3rd Thursday	9:30~11:30
19	Energizing Exercise Class	602	Twice a month: 2nd and 4th Thursday	9:30~11:30
20	Hiro Haiku Enthusiasts Club	601	Once a month: 4th Saturday	13:00~15:00